

# **Circuit Training Instructional Objectives 9<sup>th</sup> Grade**

## **Psychomotor**

P-1: Students will perform a plyometric jump using proper TA form, while jumping onto and over boxes 12", 18" or 24" and landing on their feet, 4/5x.

P-2: Students will perform a plyometric jump using proper TA form, 4/5x.

P-3: Students will perform push-ups using proper TA form, while keeping their body stiff and using a 4-count system for one repetition, 4/5x.

P-4: Students will perform a push-up using proper TA form, 4/5x.

P-5: Students will perform abdominal crunches using proper TA form, while folding their arms across their chest and doing 25 repetitions, 4/5x.

P-6: Students will perform an abdominal crunch using proper TA form, 4/5x.

P-7: Students will perform lunges using proper TA form, while keeping their hands on their hips and doing 10 repetitions using a 4-count system, 4/5x.

P-8: Students will perform a forward lunge using proper TA form, 4/5x.

P-9: Students will perform pull-ups using proper TA form, while using an overhand grip and bringing their chin above the bar, 4/5x.

P-10: Students will perform a pull-up using proper TA form, 4/5x.

P-11: Students will perform a dot drill routine using proper TA form, while jumping with both feet and following an organized pattern, 4/5x.

P-12: Students will perform a dot drill jump using proper TA form, 4/5x.

P-13: Students will perform a medicine ball partner sit-up using proper TA form, while tossing a ball to a partner, 4/5x.

P-14: Students will perform a medicine ball sit-up using proper TA form, 4/5x.

P-15: Students will perform a superman using proper TA form, while balancing on a stability ball, 4/5x.

P-16: Students will perform supermans using proper TA form, 4/5x.

## **Cognitive:**

C-1: Three of four students will correctly verbally identify three out of four most critical points of plyometric jumps when randomly called on by the instructor.

C-2: Three of four students will demonstrate knowledge of pull-ups by saying the four most critical points when randomly called on by the instructor.

C-3: Three of four students will verbally describe the four most critical points of a push-up when randomly called on by the instructor.

C-4: When randomly called on the instructor, three of four students will correctly identify the four most critical points of an abdominal crunch.

C-5: Three of four students will correctly identify the four most critical points of a forward lunge when randomly called on by the instructor.

C-6: Three of four students will demonstrate knowledge of the dot drill by saying the four most critical points when randomly called on by the instructor.

## **Personal-Social**

PS-1: Students will demonstrate sportsmanship by encouraging others when they perform skills given four of five opportunities.

PS-2: Students will show their best effort in while staying in their Target Heart Rate zone, given three of four opportunities.

PS-3: Students will demonstrate responsibility by correctly putting the equipment away they are using when the whistle blows ending class given three of four opportunities.

PS-4: Students will show cooperation by working together to pass a medicine ball while performing lunges with a partner given four of five opportunities.